

# THE TOMATO VINE

April 2014

Issue 32

Brought to you by **DEEP COVE MARKET**

**Free Range Eggs, Chickens, Pork & Beef, Local Sausages & Cheeses, Specialty Foods from around the World, Locally Baked Breads & Goodies. Market Kitchen featuring "Bean 2 Market" Coffees, & Deli style Breakfast and Lunch.**

Spring is upon us! This of course means the emergence of fresh local veggies. Baby greens, new potatoes, rhubarb and asparagus. Our local growers are busy tending their crops to bring the freshest produce to our tables. This month we celebrate Easter, and we are ready to help you make it a memorable and delicious feast. Once again, the Easter bunny has loaded us with goodies that are perfect for the kid in all of us. This month we will be attending the annual Canadian Health Food Trade Show. This event hosts hundreds of manufactures and distributors and showcases all that is new in the food industry. We are very excited to attend and bring you some great new finds to add some variety to your meals. Over the next few months we will be celebrating our Moms and Dads. We will be sure to have some great gift ideas for those you love. We hope you've all had the opportunity to use our new community library. Please help yourself to some books and feel free to donate some that you're ready to pass on. As the weather warms up, we hope you will take some time out for yourself to enjoy a coffee or lunch in our backyard. Entering our 10th year in business, we would like to once again thank you for your loyalty and support. We look forward to seeing you and wish you all a happy spring!



Sincerely,

Rosemary Scott



## **DATES TO REMEMBER**

April 18th ..... Good Friday  
 April 20th..... Easter Sunday  
 May 11th ..... Mother's Day  
 May 19th..... Victoria Day  
 June 15th ..... Father's Day  
 June 21st..... Summer Solstice

## ~SPRING~ SOMETHING TO GET "EGG-CITED" ABOUT!



Celebrating Easter - Sunday, April 20th. We have lots of ideas to help with your Easter brunch or dinner including sweet treats, flowers, spring & Easter napkins, toys & treats for Easter Baskets, and back by popular demand adorable spring chicks and Easter Bunnies to brighten your home! We also make custom savory or sweet Gift Baskets! And with the arrival of Spring we can look forward to Local Fresh baby spring lettuce, asparagus, tart and delicious stalks of rhubarb, and new potatoes. Also, remember that we carry Local fresh organic brown eggs which are great for coloring at Easter! I use a little more vinegar (1/2 vinegar, 1/2 water). Put the vinegar in first then the color pellet. When it completely dissolves add the water and you're good to go! The longer they soak the richer the color!

### Mother's Day— Sunday May 11th Gift ideas to brighten her day!

- ☒ Mother's Day Special—Teas from Tea Forte Including a wonderful variety of ceramic Kati cups and tea pots!
- ☒ Exclusively from the UK—Charbonnel et Walker English Chocolate. A beautifully presented box of fine English chocolates makes the perfect gift!
- ☒ Fresh Flowers, Gift Cards and Candles
- ☒ Handcrafted Ceramic Art Tiles
- ☒ Soaps and Body Lotions
- ☒ Personalized Gift Baskets made especially for Mom!
- ☒ Coffee Travel Mugs, Coffee Cards and Gift Certificates
- ☒ Great Selection of Cook Books



### Introducing our Newest product to the Market...



Bake My Day started as a home-based bakery selling gluten-free fruit pies and delectable tarts at farmers markets up and down Vancouver Island. When customer response exceeded all expectations, owners Dale and Alan made the leap!

They constructed a dedicated gluten-free facility, sourced certified gluten-free ingredients and went into production! The fruits of their labour are all ours with the most delicious, delectable tarts you've ever tried!

We currently offer the following varieties of tarts ...

Raspberry with dark and white chocolate, Black Forest, Chocolate Peanut Butter, Caramel Apple Crumble, Lemon Curd, Lemon & Raspberry and Café Mocha!

## CHICKEN ASPARAGUS ROLL UPS

A very flavorful chicken and asparagus dish with almost a hollandaise-inspired flavor with a little crunch from the Panko breadcrumbs. Quick and easy to prepare, the presentation is simple yet elegant. Makes 4 servings.

1/2 cup mayonnaise  
 3 tablespoons Dijon mustard  
 1 lemon, juiced and zested  
 2 teaspoons dried tarragon  
 1 teaspoon ground black pepper  
 1/2 teaspoon salt  
 16 spears fresh asparagus, trimmed  
 4 skinless, boneless chicken breast halves  
 4 slices provolone cheese  
 1 cup Panko bread crumbs

Preheat oven to 475 degrees. Grease a baking dish. In a bowl, mix together the mayonnaise, Dijon mustard, lemon juice, lemon zest, tarragon, salt and pepper until the mixture is well combined. Set aside.

Cook asparagus in the microwave on high until bright green and just tender, 1–1/2 minutes. Set the asparagus spears aside. Place a chicken breast between two sheets of heavy plastic (a resealable freezer bag works well) on a solid, level surface. Firmly pound the chicken breast with the smooth side of a meat mallet to a thickness of about 1/4 inch thick. Repeat with the rest of the chicken breasts.

Place 1 slice of provolone on each chicken breast, and top the cheese with 4 asparagus spears per breast. Roll the chicken breasts around the asparagus and cheese, making a tidy package, and place, seam sides down, in the prepared baking dish. With a pastry brush, apply a coating of the mayonnaise mixture to each chicken breast, and sprinkle each with Panko crumbs, pressing the crumbs into the chicken to make a coating.

Bake in the preheated oven until the crumbs are browned and the chicken juices run clear, about 25 minutes.

## ISRAEL COUSCOUS WITH CHICKPEAS, BRUSSEL SPROUTS & ASPARAGUS

3/4 pound brussel sprouts  
 1 medium bunch asparagus ( about 20 spears )  
 1– 15oz. can of chickpeas, rinsed and drained  
 2 cups uncooked Israeli couscous  
 2 1/2 tbsp. lemon juice  
 5-6 cloves of garlic, minced  
 1/2 cup grated parmesan  
 Salt and pepper taste

Preheat oven to 425 degrees. Cut Brussels in half, toss with olive oil, salt, and pepper. Roast for 20-22 minutes. Cook couscous according to package instructions, and chop asparagus and steam. Once the sprouts, couscous, and asparagus are finished, combine in a large bowl with chickpeas, lemon juice, garlic, parmesan, salt & pepper. Stir together and serve immediately.

## RHUBARB CAKE

### CRUST:

1/3 cup flour  
 1/3 cup butter  
 1/3 cup sugar

Combine these 3 ingredients, cut the butter in until it resembles crumbs. Press into a 11 X 7 X 2 inch pan. Bake at 350 for 12 minutes.

1 cup sugar  
 2 eggs  
 1/4 cup flour  
 1 tsp. vanilla  
 3 cups finely chopped rhubarb

Combine first 4 ingredients in bowl and mix until light and fluffy. Stir in rhubarb and pour over warm crust. Bake at 350 for 35 minutes.

This recipe is compliments of Ciara in the deli. If it's "crummy", feel free to give her a hard time!!



## NEW TO THE MARKET

- ✘ **OOGAVE DRINKS**—Delicious certified organic soda's made from the amazing Agave plant. Available in 7 delicious flavors!
- ✘ **BEGLEY'S & BILL'S** 100% All Natural Soda Bananas Foster and Lemon Lime "Great Tasting, Sugar Free, Zero Calories & Gluten Free!"
- ✘ **KALI WAGS**—the healthy dog snack, hand-made with premium grade whole foods. Available in Certified Organic Beef & Sustainable Wild Pacific Salmon. Even fussy dogs love these!
- ✘ **MACKIES POTATO CHIPS**—Crispy Bacon & Flamegrilled Aberdeen Angus
- ✘ **CHUAO HONEYCOMB CHOCOLATE**— If you've tried our Maple Bacon & Potato Chip Bars then you're gonna love our Honeycomb!
- ✘ **SALAD SISTERS** - From Vancouver Calamansi or Papaya Dressing. Great as a salad dressing or as a marinade for fish, chicken and pork.
- ✘ **GREEN & BLACK**— 2 NEW Flavors Burnt Toffee & Sea Salt !

## NEW GLUTEN FREE

- ✘ **GLUTINO TOASTER PASTRIES**—Piping hot in mere moments or right out of the box, they are fruity and sweet—The perfect way to start a gluten free day!
- ✘ **PACIFIC HAZELNUT CHOCOLATE BEVERAGE**—this creamy beverage makes an indulgent dairy-free treat!
- ✘ **BEANFIELDS—All Natural Bean & Rice Sea Salt Tortilla Chips**—Twice as much protein & fibre as most tortilla chips and less fat than most tortilla chips!
- ✘ **BAKE MY DAY**— Deep Dish Tarts!! Black Forest, Chocolate Peanut Butter, Caramel Apple Crumble, Lemon Curd, Café Mocha and Raspberry with Dark and White Chocolate. Simply Delicious!!
- ✘ **WOW BAKING CO.**— Lemon Burst moist chewy cookies. You won't believe these are Gluten-Free!

## NEW COMMUNITY LIBRARY



### **For the Love of Books!**

Deep Cove Market has started a community library! Borrow a book, donate a book or pass one on. You may even find a puzzle or two! Something for all ages! Come grab a coffee or latte and something to read!

### **The Deep Cove Market now has a FACEBOOK Page!**



us to keep up to date on the latest products, specials and news!

### **REDEEM THIS COUPON AND RECEIVE**

**10% OFF**  
ANY PURCHASE OF **\$50.00** OR MORE  
**Expires June 30th, 2014**



10940 West Saanich Rd.  
N. Saanich, BC V8L 5R9  
PH: (250) 656-2547  
FAX: (250) 656-4724  
Email: [deepcovemarket@shaw.ca](mailto:deepcovemarket@shaw.ca)  
[www.deepcovemarket.com](http://www.deepcovemarket.com)